



Lucas de Souza is 23 years old, and is a representative of the Grupo Latino Americano Epilepsia y Juventud, in Brazil.

Lucas de Souza
Brazil

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I have never had a case of prejudice. However, it can be relative. What for some is prejudice for me is not. With my impartial and clear view of life, I see the world from a different perspective.

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In all of my experiences with the diagnosis and the beginning of treatment, I always found everything normal and calm.

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On Grupo Latino's Instagram, I have an art work called Modo Vida, in which I talk about the fact that living well can be possible even while living with epilepsy.

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**What can we do to
reduce stigma?**

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To begin with, we need to reach a consensus on what stigma and prejudice are. What some feel is prejudice, others may not, what some feel is stigma, others may not.

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Many people have formed opinions that are not unbiased because their psychology has been shaken; most people have made partial decisions about what stigma and prejudice are.

Moreover, we need to start with discussions, dialogues, and meetings. Before "educating" the world, we need to educate each other, with countless meetings and prepared people.

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People with epilepsy must unite as a community. It's important to empower ourselves first; everything that applies to communities and the world needs to apply to us.

To be prepared, we must have a balanced mind, unbiased opinions, gain knowledge, and have an open mind about the past, present, and future. Understand that the process is slow, and have patience.

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This is the only way that works. As we become stronger, we will be able to share it with the world. A person with epilepsy does not automatically raise awareness about it, we must prepare ourselves first.

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Discover more stories like Lucas's and
learn about epilepsy stigma at
<https://internationalepilepsyday.org>

